

Blah to Ahah!

A SIMPLE GUIDE TO GLOWING FROM THE INSIDE OUT

Viola Hug

// HOLISTIC NUTRITIONIST //

// VISION ALIGNMENT COACH + MENTOR //

// [FACEBOOK.COM/THEREALVIOLAHUG](https://facebook.com/therealviolahug) //

// [INSTAGRAM.COM/VIOLAHUG](https://instagram.com/violahug) //

Nutrition? What are we talking about anyway?

Generally, The closer our food is to how nature intended, the more nutrition (i.e. GOODNESS) it will offer our bodies!

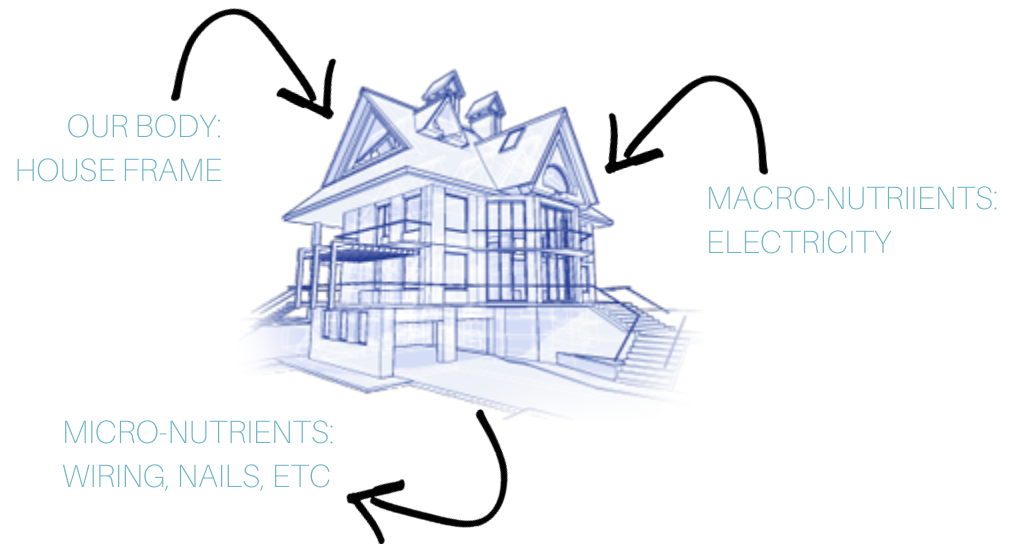
Fruit and/or veggies in every meal is my number one tip!



HIGH IN MICRO-NUTRITION
... COLOURFUL, FRESH, USUALLY NOT IN A PACKET!

Macro-Nutrients: Fats, Protein, Carbs

Micro-Nutrients: Vitamins, Minerals,
Phytonutrients



What does vibrant health look like?

When our body has a balance of micros and macros,
the junk gets eliminated , & it works the way it should!

LIVE A LONGER, HEALTHIER LIFE!!!!... AND RIGHT NOW:

MORE ENERGY

STABLE MOODS

MORE POSITIVE

WEIGHT RELEASES

SMOOTH SKIN

GREAT HAIR

BETTER MANAGEMENT (OR DISAPPEARANCE) OF
COMMON ISSUES

*Goal:
Squatting when you're 90!*

- Asthma ; Eczema ; skin problems; sore... joints, muscles, body parts

In with the goodness, out with the junkness

Staying Focused



IS IT IMPORTANT TO YOU?

What about being healthy is most important to you?

☐ (fill me in) ☐

☐ ☐

☐ ☐

☐ ☐

☐ ☐

*Make a connection, work on your mindset,
create an inspired action plan.*

Mind your thoughts

Surround yourself with positivity... Books, quotes, people, videos...

Be inspired by people who are where you want to be (and don't compare)

Remember, it takes 4 weeks for you to see the results, 8 weeks for your close friends to, and 12 weeks for the rest of the world to notice your results! ... Never give up, the juice is worth the squeeze!

We either win or we learn - there are no mistakes if we grow from them.

GOOD VIBES

Watch your words

...YOUR CELLS OUR LISTENING!

Our body is made up of 60% water, and each of our 50-100 TRILLION cells in our body need water to thrive, so drink up!

Ideal water intake (mL) = 33 x body weight (kg)

scientific research shows that water molecules are directly impacted by the words we think and speak - take a look below at what different words do to

Always be kind to yourself xxx

water {and check it out on youtube}.



Love



Thank you



I hate you

Supplements

It's a well known fact that for some time now food hasn't been able to provide the same level of nutrients it once did. Modern farming and environmental factors mean that it is next to impossible to gain optimal nutrition from food alone.

1953



1997



This is why we must supplement with high-quality multi- minerals & vitamins daily! - Think of it as health insurance!

Look for products that are made in an FDA registered facility, manufactured to pharmaceutical standards, and have credible third-party, independent research to back them up. A developed Research & Development team is always a bonus.

The names Food, Real Food

- 1 Real, whole, delicious, nourishing food - high in vitamins and minerals
Aim to have greens, and other beautiful veggies and fruits with every meal. Remember to supplement!

Healthy Fats: Responsible for making food taste great, essential for mood, hormonal regulation, weight loss, great hair and skin!
// It is the safest macro-nutrient to have in excess // only avoid trans-fats //

2

Favourite recommendations: Avocado, Coconut [oil], Nuts/Seeds

- 3 Protein: Responsible for feeling satisfied/full. Choose a variety of protein sources to make sure you get the best possible range
Legumes, grains, seeds/nuts, tofu, wheat protein...

Carbs: Energy/Fuel for the body!
Make sure you are eating Low Glycemic load meals...

4

Plant based eating

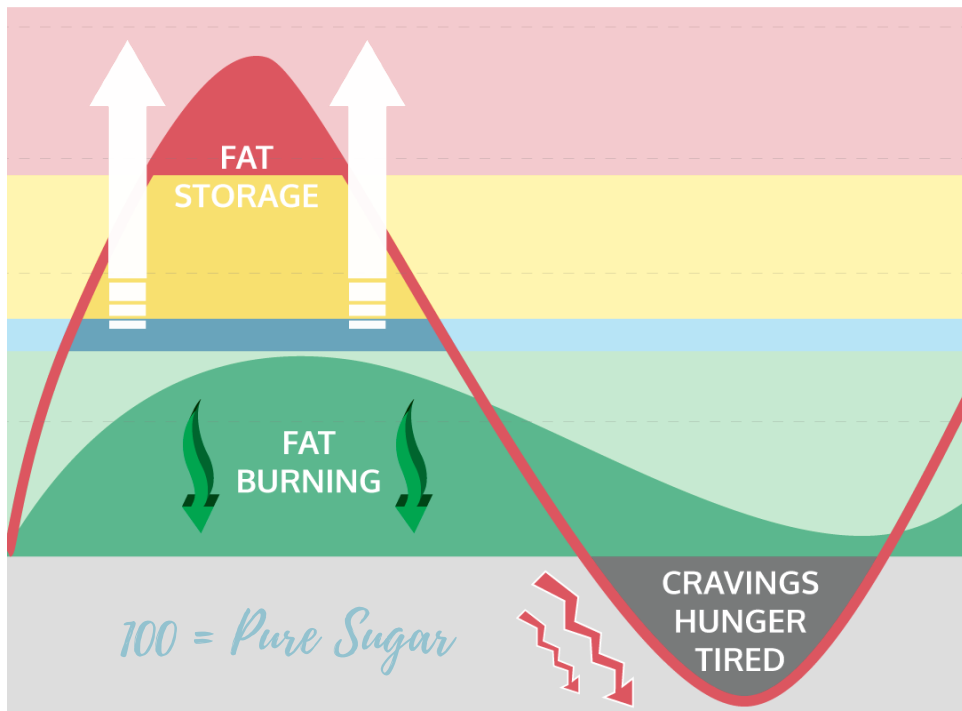
One of the most common questions I get asked - how do I go plant based? Here's the catch - eat the foods you like, and just google a vegan recipe for it! It may take some getting used to new ways to prepare foods and slightly different flavors and textures, but you will love it in no time and feel better for it (and the animals and environment will thank you too)!

Notable plant based recipes and resources:

- CHIA SEED PUDDING
- TOFU SCRAMBLE
- RECIPES: THUG KITCHEN, FORKS OVER KNIVES, GOOGLE ANY RECIPE WITH "VEGAN" AT THE START
- DOCUMENTARIES: (HEALTH) FORKS OVER KNIVES, WHAT THE HEALTH, (ENVIRONMENT) COWSPIRACY, (ANIMALS) MEET YOUR MEAT ON YOUTUBE, EARTHLINGS, OKJA (OKAY NOT A DOCO, BUT WORTH A WATCH).

Glycemic Index/Load

GLYCEMIC LOAD (GL) RELATES TO HOW QUICKLY SUGAR FROM A MEAL MOVES INTO THE BLOOD STREAM



} High GI = sugars released into blood quickly, huge spike in sugar levels/stress on the body, and crash back down quickly
High = higher than 70

} Low GI = sugars release slowly, blood levels stable, feel full for longer
Low = lower than 55

Low Glycemic foods offer more energy from the same amount of "calories"

A QUICK HACK TO MAKE MEALS LOW GI LOAD

To make any meal lower GI, make sure to include whole foods, add fibre rich foods (like plants), add a little health oils, and/or partner it with protein. Mix up the types of foods you're eating, and you will feel more satisfied.

Habits and Cravings

UNCONSCIOUS NEEDS THAT DRIVE BEHAVIOUR

FEEL SAFE

FEEL LOVED

HAVE FUN/VARIETY

TO GROW

FEEL SPECIAL

TO HELP

Think of a habit you'd like to change, or a craving you have, and figure out what needs they satisfy... now think of non-food {or healthier} replacements!

CREATE A NON-FOOD PLEASURE/TREAT LIST, I.E.:

Walk in Nature

Laugh hysterically

Time with your loved
ones

An act of kindness

bubble bath

Get you hair done

Meditating

snuggle up with a

book/movie

Plan for Nutritional Success

PLAN YOUR MEALS; PRE-BUY YOUR FOOD // CHOOSE FOODS AND MEALS
THAT STRETCH/ARE VERSATILE

CHOP VEGGIES AND STORE IN CONTAINERS FOR
SALADS/STIR-FRYS

SALAD IN JAR

FRIED TOFU STEAKS/TOFU SCRAMBLE

FREEZE BAGGED INGREDIENTS FOR SMOOTHIES

OVERNIGHT OATS/CHIA PUDDING



(MORE IDEAS...)

*Check out recipes for healthy alternatives of your favourite
meals... cauliflower rice, coconut oil chocolate, etc...*

Healthy in Social Situations



MAKE IT A POT LUCK

KEEP YOUR VISION

SPARKING WATER WITH LEMON

ALLOW YOURSELF TO ENJOY FROM TIME TO TIME

FIND NON-FOOD TREATS/ENJOYMENTS {CREATE A LIST}

LET YOUR FAMILY KNOW (DON'T PREACH, JUST LEAD BY
EXAMPLE)

Keep your goals and your vision at the forefront of your mind!



Viola Hug



Follow me on Instagram: @violahug

Connect with me on Facebook: @therealviolahug

Head over to my Website: www.violahug.wixsite.com/violahug

Send me a Snap: @violahug

Flick me an email: viola.hug@gmail.com

Join my Facebook community group: bit.ly/AbundantBabesCommunity



© 2017 Viola Hug
« Vision Alignment Coach »
made with love